








Resource Guide for Parents/Guardians, Caregivers, and Families

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a NYS law requiring mental health instruction as part of the K-12 curriculum.

Helpful Resources

<p>Mental Health Association in New York State Works to improve the lives of individuals, families, and all communities in NYS by raising mental health awareness, ending stigma and discrimination, and promoting wellness and recovery.</p>	
<p>New York State Office of Mental Health (OMH)</p>	
<p>MentalHealth.gov Provides one-stop access to U.S. government mental health and problems information. Resources for parents and caregivers.</p>	
<p>National PTA Developed Healthy Minds Program to help families make mental health an everyday priority.</p>	
<p>American Association of Pediatrics Mental health resources for families including patient and family handouts that can support families in addressing mental health concerns or promoting healthy mental development.</p>	

<p>The Youth Mental Health Project Supports parents and caregivers so that they can support their children's mental health.</p> 	<p>The Parent Support Network Provides parents and caregivers who are concerned about their children's mental health with an opportunity to find and support each other in a confidential and safe space.</p> 
<p>Human Rights Campaign Mental Health resources in the LGBTQ+ community</p> 	<p>OTBIPOC Mental Health and Well-Being</p> 
<p>NAMI New York State Provides support to family and friends of individuals with mental illness and persons living with mental illnesses through more than 50 affiliates statewide</p> 	<p>Youth and Young Adults</p> 

Visit us at mentalhealthnys.org, call (518) 434 - 0439, or contact us directly at schools@mhanys.org.